

Child and Adult Care Food Program
**Meal Pattern Requirements
and Serving Sizes**

	Ages 1 and 2	Ages 3, 4 and 5	Ages 6 - 12
BREAKFAST			
① Vegetable, Fruit or 100% Juice **	¼ cup	¾ cup	1 cup
② Grains/Breads ** (whole grain or enriched): Bread or cornbread, rolls, muffins or biscuits or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products or cereal grains	½ slice ½ serving ¼ cup or ⅓ oz. ¼ cup	½ slice ½ serving ⅓ cup or ½ oz. ¼ cup	1 slice 1 serving ¾ cup or 1 oz. ½ cup
③ Milk, fluid *	½ cup	¾ cup	1 cup
LUNCH or SUPPER			
① Meat or Meat Alternates** Lean meat, fish or poultry *** or cheese or cottage cheese, cheese food, cheese spread or yogurt or egg or cooked dry beans or dry peas or peanut butter, soy nut butter, or other nut or seed butters or peanuts, soy nuts, tree nuts or seeds	1 oz. 1 oz. 2 oz. (¼ cup) 4 oz. (½ cup) 1 egg ¼ cup 2 Tbsps. ½ oz. ****	1½ oz. 1½ oz. 3 oz. (¾ cup) 6 oz. (¾ cup) 1 egg ⅜ cup 3 Tbsps. ¾ oz. ****	2 oz. 2 oz. 4 oz. (½ cup) 8 oz. (1 cup) 1 egg ½ cup 4 Tbsps. 1 oz. ****
② & ③ Vegetable and/or Fruit (2 or more kinds) **†	¼ cup total	½ cup total	¾ cup total
④ Grains/Breads ** (whole grain or enriched): Bread or cornbread, rolls, muffins or biscuits or cooked pasta, noodle products or cereal grains or cold dry cereal (volume or weight, whichever is less)	½ slice ½ serving ¼ cup ¼ cup or ⅓ oz.	½ slice ½ serving ¼ cup ⅓ cup or ½ oz.	1 slice 1 serving ½ cup ¾ cup or ½ oz.
⑤ Milk, fluid *	½ cup	¾ cup	1 cup
SNACK (Select 2 of the following 4 components) <i>Note: Juice may not be served when milk is served as the only other component.</i>			
① Meat or Meat Alternates** Lean meat, fish or poultry *** or cheese or cottage cheese, cheese food, cheese spread or yogurt or egg or cooked dry beans or dry peas or peanut butter, soy nut butter, or other nut or seed butters or peanuts, soy nuts, tree nuts or seeds	½ oz. ½ oz. 1 oz. (⅛ cup) 2 oz. (¼ cup) ½ egg ⅛ cup 1 Tbsp. ½ oz.	½ oz. ½ oz. 1 oz. (⅛ cup) 2 oz. (¼ cup) ½ egg ⅛ cup 1 Tbsp. ½ oz.	1 oz. 1 oz. 2 oz. (¼ cup) 4 oz. (½ cup) 1 egg ¼ cup 2 Tbsps. 1 oz.
② Vegetable, Fruit or 100% Juice **	½ cup	½ cup	¾ cup
③ Grains/Breads ** (whole grain or enriched): Bread or cornbread, rolls, muffins or biscuits or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products or cereal grains	½ slice ½ serving ¼ cup or ⅓ oz. ¼ cup	½ slice ½ serving ⅓ cup or ½ oz. ¼ cup	1 slice 1 serving ¾ cup or 1 oz. ½ cup
④ Milk, fluid *	½ cup	½ cup	1 cup

* As purchased, fluid, fortified, whole, low fat, skim, cultured buttermilk and flavored milk

** Or an equivalent quantity of any combination

**† 100% vegetable or fruit juice may contribute to no more than one-half of this requirement

*** Cooked lean meat without bone or breading.

**** No more than 50% of the meat/meat alternate requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to meet the requirement.